



# Welcome to WIC

A Special Supplemental  
Nutrition Program for  
Women, Infants  
and Children



# What is WIC?

**The purpose of WIC is to improve health and reach positive, healthy outcomes in our clients' lives. How?**

- By listening to your questions about your family's diet and working with you to find healthy outcomes;
- By learning from you what foods your family likes and needs;
- By teaching you how to provide your family with a healthy diet;
- By helping you get quality health care services through referrals;
- By promoting breastfeeding and providing support and information to new mothers;
- By providing you and your children nutritional support with supplement foods.



## WIC Helps

**Women:** Who are pregnant or have recently been pregnant, breastfeeding, or have a new baby;

**Infants:** Newborn to age 1;

**Children:** Age 1 to age 5.

## You Must Also

- Meet income guidelines;
- Have a nutritional need that can be helped by WIC foods and nutrition counseling;
- Have a height and weight measurement;
- Have a blood test for iron level;
- Be a resident of South Carolina.
- Participants who qualify for the program must reapply at the end of their certification period and be reassessed for program eligibility.

## You Must Bring

- **Proof of Identity** (one for you and one for each of your children)

Examples:

For you – driver's license, state issued ID card, work or school ID

For your child(ren) – birth certificate, crib card, or hospital birth card

- **Proof of Address** (only one is needed)

Examples:

Utility bill (telephone, electric, cable), mortgage statement, or rental agreement

- **Proof of Family Income** (for everyone in the household)

Examples:

Pay stubs, tax returns, Medicaid card, Food Stamp, or TANF notice



# WIC Supplemental Foods

Each woman, infant or child participating in WIC receives supplemental foods based on their particular nutritional needs.

WIC foods are not meant to cover your entire daily food requirements, but will provide building blocks for good nutrition.

**The building blocks of good health  
begin with good nutrition.**

**Stack the building blocks of good nutrition in your favor.**



## Examples of Supplemental Foods



- Iron-fortified infant formula and cereal
- Infant fruits and vegetables for vitamins and minerals
- Milk or allowed substitutes for protein, calcium and vitamin D
- Women who are totally breastfeeding receive canned fish for protein and extra milk for calcium
- Eggs, peanut butter or dried beans and peas for iron and protein
- Juice for vitamin C
- Cereal for iron and fiber
- Whole grain product for fiber
- Fruits and vegetables for vitamins, minerals, and fiber

**Ask for a complete list of WIC approved foods when you receive vouchers.**

# How to Use WIC Vouchers

- **Sign the WIC ID card.** The names you listed on your application form are the only people who can pick up your food. Each one must sign the ID card before going to purchase your food. The ID card must be taken to the grocery store when using your WIC check.
- **Check the dates.** Don't use the voucher before the first date or after the last date.
- **Separate WIC foods from other groceries.**
- **Select only the foods listed on the voucher.** WIC Vouchers cannot be used to buy other foods.
- **Buy the correct size and amount of foods listed on the voucher.** If you do not want an item, you may leave it off. If you feel that the food on your voucher is more than you can use, tell someone at the clinic.
- **When you check-out, the cashier will fill in the cost of the food and fill in the date.**
- **Sign your name at the check-out counter AFTER the cashier fills in the amount and date.**
- **Cash Value Voucher - Choose your fruits and/or vegetables.** Weigh your fresh fruits and vegetables if priced by the pound and calculate the cost. If fruits or vegetables are prepackaged, tally the cost up to the amount of the voucher. If you buy more than what your cash value voucher is printed for, you can pay the extra cost with cash or another form of payment. If you buy less than the amount on the check no change will be given.

If you have a problem with your food,  
you must talk with someone at the WIC clinic.  
The store cannot make any changes on your vouchers.

If you have problems or questions about  
using WIC vouchers at a grocery store

**call 1-800-922-4406**

# Guide to WIC Vouchers

9346601		101 01 5550297790 PACE, DEBORAH		9346601	
WIC VOUCHER FORM		PLEASE PRINT		WIC PROGRAM	
1 NOT VALID BEFORE	09/01/2008	2 DATE RECEIVED	3	4	5
6	7	8	9	10	
PURCHASE AMOUNT		CAN CONCENTRATED GOOD START SUPREME DHA ARA INFANT FORMULA END PACKAGE		PURCHASE AMOUNT	
DOLLARS		CENTS		DOLLARS	
CENTS		CENTS		CENTS	
NOT VALID WITHOUT OFFICIAL WIC VOUCHER STAMP HERE		NOT VALID WITHOUT OFFICIAL WIC VOUCHER STAMP HERE		NOT VALID WITHOUT OFFICIAL WIC VOUCHER STAMP HERE	
9346601		00611196844		2502193	

19978777		0000004002 5550648694 VOUCHER, CASH VALUE		19978777	
WIC VOUCHER FORM		PLEASE PRINT		WIC PROGRAM	
1 NOT VALID BEFORE	06/01/2009	2 DATE RECEIVED	3	4	5
6	7	8	9	10	
PURCHASE AMOUNT		MAX: \$6.00		PURCHASE AMOUNT	
DOLLARS		CENTS		DOLLARS	
CENTS		CENTS		CENTS	
NOT VALID WITHOUT OFFICIAL WIC VOUCHER STAMP HERE		NOT VALID WITHOUT OFFICIAL WIC VOUCHER STAMP HERE		NOT VALID WITHOUT OFFICIAL WIC VOUCHER STAMP HERE	
19978777		00611196844		2502193	

00010686		000000101 5550297790 PACE, DEBORAH		00010686	
WIC VOUCHER FORM		PLEASE PRINT		WIC PROGRAM	
1 NOT VALID BEFORE	09/01/2008	2 DATE RECEIVED	3	4	5
6	7	8	9	10	
PURCHASE AMOUNT		001 OUNCES WIC APPROVED CEREAL 002 DOZEN EGGS LARGE OR MEDIUM (WHITE ONLY) 006 12oz - 11.5oz OR 46oz JUICE 003 GALLONS 1% LOW FAT MILK 016 POUND (16oz) WIC APPROVED CHEESE 001 1 Lb. Bag of Beans or 18 oz. Jar of Peanut Butter		PURCHASE AMOUNT	
DOLLARS		CENTS		DOLLARS	
CENTS		CENTS		CENTS	
NOT VALID WITHOUT OFFICIAL WIC VOUCHER STAMP HERE		NOT VALID WITHOUT OFFICIAL WIC VOUCHER STAMP HERE		NOT VALID WITHOUT OFFICIAL WIC VOUCHER STAMP HERE	
00010686		00611196844		2502193	



- ❶ This is the first day you can use this voucher.
- ❷ This is the date that you are spending the voucher.  
The cashier fills this in when you check out.
- ❸ This is the last day you can use this voucher.
- ❹ This is the price of the food you bought with this voucher.  
The cashier fills this in when you check out.
- ❺ This is your ID number or your child's ID number.
- ❻ This is your name or your child's name.
- ❼ This is the amount of food you can buy with this voucher. You cannot go over this amount. Cash Value Vouchers maximum dollar amount allowed.
- ❽ These are the kinds of foods you can buy with this voucher.  
You can only buy these foods with this voucher.
- ❾ Sign your name here (after the cashier fills in the amount and date) while the cashier is watching.
- ❿ This is WIC Office ID stamp.

You will get WIC vouchers every one to three months.

When you go to the clinic for an appointment (voucher pick-up, clinic or class) be sure to bring your ID card. Before you leave the WIC office, make sure your vouchers have the WIC Office ID stamp on them.

Each voucher is good for only one month and will not be accepted by the store if it has expired.

The voucher is good only for the cost of the WIC food on your voucher. You will not get any change back. **Do not accept a rain check for food that is not in stock.**

**Do not sign the voucher before you go to the store.**

SHOP WISELY!

USE COUPONS TO REDUCE THE COST OF WIC FOOD ITEMS.

# Guide to Farmers' Market Coupon

The purpose of this program is to provide fresh fruits and vegetables from local farmers' markets to WIC participants. This program is offered in some counties during the months of May through August. Participants in these counties may receive \$25.00 in coupons to buy South Carolina grown fresh fruits and vegetables from farmers. Contact your local WIC office for more information.

**2008 South Carolina WIC Farmers' Market Nutrition Program**

Pay to Order of South Carolina Authorized FMNP Farmer

First date to spend: **May 1, 2008**

Last date to spend: **October 15, 2008**

NOTE: SOME MARKETS MAY CLOSE EARLIER

**VOID**

**00890073**

FARMER STAMP HERE

NOT TO EXCEED **\$5.00** NO CHANGE ISSUED

Use only at authorized SC FMNP Farmers' Markets for unprocessed fruits and vegetables.

IMPROPER USE OF THIS DRAFT IS SUBJECT TO FEDERAL AND/OR STATE PROSECUTION

PAYABLE THROUGH SOUTHERN NATIONAL MARIETTA, GA

WIC PARTICIPANT'S SIGNATURE

- 1 This is the last day the coupon may be used by the participant.
- 2 This is the value of the coupon.
- 3 This is where the participant must sign the coupon.



# We're WIC and we're here for you.

Bureau of Maternal and Child Health  
Division of WIC Services  
1751 Calhoun Street  
Columbia, SC 29201  
1-800-868-0404

Local WIC Office Address and Phone:

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